

Another perfect score for JSC Water and Food Laboratory

The Water and Food Analytical Laboratory in Bldg. 37 operated by Wyle Laboratory supports space flight food analysis, but its primary responsibility is to perform spacecraft water quality analysis. Scientists have conducted routine water analyses for the Space Shuttle Program over the years.

During recent years, the laboratory's major challenge has been to analyze recycled water to determine its potability. To accomplish this objective, scientists have analyzed samples of recycled water produced on Mir and water transferred from the shuttle to Mir. Indeed, they developed the basic concept used for that transfer. In addition, they have analyzed recycled water samples obtained during developmental tests of the International Space Station water recovery system.

Scientists in the lab also support manned chamber tests for the Advanced Life Support Program and provide technical direction for the development of the water quality monitoring hardware that is a component of the Crew Health Care System



The Water and Food Analytical Laboratory correctly determined the concentrations of all samples received from Analytical Products Group, Inc., during the past two quarters. Lab employees are, from left, front: Sandra Carr, Marie Gibson, and Lizanna Pierre; middle: Lydia Ding, Matthew Drybread, Mike Kuo, Marie Hwang, Esther Liu, and David Orta; back: John Straub, Debrah Plumlee, John Schultz, Judy Svoboda, Jeffrey Rutz, and Paul Mudgett. Not pictured: Curt Wiederhoeft, Richard Sauer.

JSC Photo S99-00849 by James Blair

(CHeCS) for the International Space Station.

To verify the quality of the lab's standards and equipment as well as the calibration of instruments and to test the accuracy of procedures against those of laboratories across the country, the chemists participate in a Proficiency Environmental Testing Program conducted by Analytical Products Group, Inc.

Every quarter APG sends samples to the lab, the concentrations of which are unknown. Chemists analyze the samples and submit their results to APG within a 1-month period. APG then determines the acceptability of the results, ranks the laboratories, and mails the results back.

The competition is intense. In October, 254 labs participated in the program, while 248 took part in July. The average score attained by all participants is 92 percent, while the JSC laboratory attained a score of 100 percent and was in the APG top rank. ■

Got the squeeze, call the 33333's

Did you know that 70 million Americans have cardiovascular disease? Approximately one million deaths each year are attributed to cardiovascular disease. Half of those deaths are the result of heart attacks. Many of these deaths are preventable through early recognition and prompt initiation of emergency procedures.

Would you know how to recognize the symptoms of a heart attack? In yourself, family and friends? A recent study found that the average time between the first symptoms of a heart attack and seeking medical attention is four hours. One of the biggest problems, prevalent in men and woman, is DENIAL.

To increase awareness, prevention, and response to heart disease and heart attacks, Dr. David Williams, JSC Space and Life Sciences director, has initiated a campaign called "GOT THE SQUEEZE, CALL THE 33333'S." The program, to be kicked off in February, will increase

heart disease awareness and expand the number of cardiopulmonary resuscitation-trained personnel on site. A working group, comprised of health, safety, medical, emergency response and human resources representatives, has been working out the details. The campaign consists of three initiatives.

The first, a 15-minute course titled "Got the Squeeze, Call the 33333'S," is intended to increase awareness of heart attack symptom recognition and prompt initiation of emergency response to heart attacks. This course will be given as an addition to all site safety and health training courses and will be offered to all directorates for presentation at safety meetings and during local training classes. The goal is to train at least 50 percent of JSC's

population within the coming year.

The second initiative is mass CPR training to supplement the number of CPR-trained personnel about the center. CPR courses will be offered at the Gilruth February 5, 12, 19 and 26. The objective is to train 500 on-site employees in the proper administration of CPR. Additional CPR courses will be offered throughout the year. The long-term goal is to have 30 percent of the on-site population CPR trained in the next year.

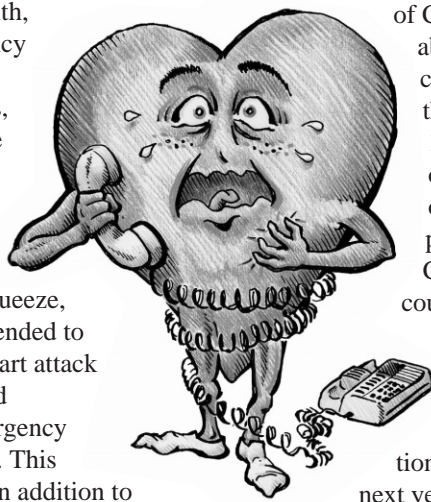
The third initiative is to determine the feasibility of placing automatic external defibrillators in areas of need across the center. Used to supplement JSC's two advanced cardiac

life support ambulances, this important lifesaving device will provide JSC emergency responders and specially trained personnel with additional potential life-saving capabilities.

To register for a CPR course or to request the heart attack awareness course, "Got the Squeeze, Call the 33333's," call x36475 or x36369.

Common signals of a heart attack include chest pain that lasts longer than 10 minutes and is not relieved by ceasing activity, changing position or taking medication; breathing difficulty; fast, slow or irregular pulse; pale, bluish skin; and heavy, unexplained sweating.

Always remember heart attack victims require immediate, advanced medical care. For assistance in the event of a possible heart attack, call x33333 on site or at the Sonny Carter Training Facility, x47231 or x44444 at Ellington Field, or 911 if off site. ■



Human Test Subject Facility seeks volunteers

The Human Test Subject Facility at JSC is currently recruiting post-menopausal or post-hysterectomy women (up to age 65) for a cardiovascular clinical study designed to determine the effects of estrogen on the heart and blood vessels. Volunteers must be non-smokers in good health with no allergies to medications. Volunteers must also have no history of cardiovascular diseases or breast cancer.

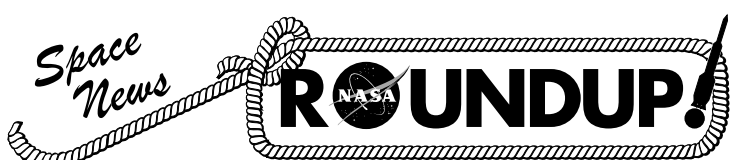
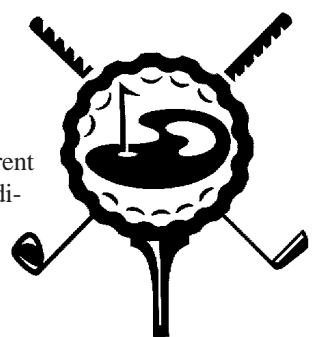
To qualify, volunteers must complete the required physical exam which includes a blood work-up, ECG, vision and hearing screening, and a treadmill test. Volunteers may be compensated for their time (restrictions apply to NASA and contractor personnel).

For additional information and initial prescreening, contact Dr. Dominick D'Aunno at 281-483-5542. ■

JSC Golf Association tees up

The JSC Golf Association will begin its 1999 tournament schedule on February 20. Designed for civil service and contractor golfers who enjoy competitive play, strictly by USGA rules, 9-stroke-play tournaments will be held at different courses during the year. Flights are established (max 36 handicap or about 110 max scores) and season winners are determined by points from the best seven of nine tournaments.

For information, contact Larry Magers at 281-326-1803 or Ken Baker at 281-282-2590. For more information visit www.ghgcorp.com/wrodgers/jscga/. ■



published by the Public Affairs Office for all space center employees. The Roundup office is in Bldg. 2, Rm. 181. The mail code is AP3. The main telephone number is x38648, and the fax is x32000. Electronic mail messages may be directed to

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The Roundup is an official publication of the National Aeronautics and Space Administration, Johnson Space Center, Houston, Texas, and is

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